Right there with you.
Harvard Pilgrim has your back—and the rest of you, too. **Turn to us when you want a partner who . . .**

- can help you be your healthiest, no matter what your health is like.
- is well known for excellent quality and customer service.
- offers savings on products and services that can help you live a healthy lifestyle.
- makes it easy for you to use your plan.
- works to improve the health of the people and the communities we serve.
I want a health plan that:

“Will help me and my family be as healthy as we can be.”

Amazing things can happen when people work together. So whether you’re trying to manage your weight, bring down your stress level or deal with a challenging health condition, we’ll be there for you with personalized planning and support. Just take a personal health assessment and connect with one of our health coaches. They’re nurses who have extra training and certification in health and wellness coaching. They’ll listen to you, help you come up with a plan and keep you encouraged and motivated.

If you have a chronic condition such as asthma, diabetes or heart disease, we have dedicated nurse care managers who can work with you to help you be as well as you can be. They’ll lend you a listening ear along with expertise and advice to help you take the best possible care of yourself.

Even when you’re feeling on top of the world, remember to use your preventive care benefits. Routine exams and screenings can go a long way toward helping you stay healthy and well. And because there’s more than one way to better well-being, we offer savings on services such as acupuncture, chiropractic care, yoga, Pilates and more.

I want a health plan that:

“I can trust.”

Harvard Pilgrim is recognized across the country for outstanding quality and customer service, and our friendly and knowledgeable Member Services representatives have a lot to do with that. Need someone to help you find the right doctor or hospital? We’re on it. Give us a call when you have any questions or concerns about your plan.

Chances are very good that the doctors, health professionals and hospitals you know and trust accept Harvard Pilgrim.1 To find out if yours do, use our online provider directory at www.harvardpilgrim.org.

1 Some products require referrals and restrictions may apply. Check your benefit information for plan details.
I want a health plan that:

“Gives me more than just medical coverage.”

Could you use a new pair of eyeglasses? Want to get started on a weight management plan? Harvard Pilgrim’s discounts and savings program can help you save money on products and services that can help you live a healthy life, including:

- Fitness reimbursement
- Nutrition and weight management programs
- Eyewear
- Dental services
- Massage therapy services
- Complementary medicine services

See the discounts and savings flyer for more details.

I want a health plan that:

“Makes it easy for me to get things done.”

With a secure member account at www.harvardpilgrim.org, you can use your mobile phone, tablet or computer to:

- Look up your benefits
- See your claims status
- Check your deductible balance
- Replace lost ID cards
- Change your primary care provider
- Track your health history

And when you want to talk with someone, remember that our Member Services representatives are there for you during the week.

---

2 These savings programs are not covered benefits under your health insurance policy. Rather, they are discounts for programs and services designed to help keep members healthy and active.

3 Some restrictions apply, and reimbursement is not available to all members. Call us for details or visit www.harvardpilgrim.org and enter “fitness reimbursement” in the search tool. (For tax information, consult with your employer.)
I want a health plan that:

“Cares about the community.”

The Harvard Pilgrim Health Care Foundation supports our mission to improve the quality and value of health care for the people and the communities we serve.

The Foundation’s Healthy Food Fund supports local non-profit organizations that help people eat more nutritious foods. By providing grants to non-profit programs such as farmers’ markets, food pantries and community gardens throughout Harvard Pilgrim’s service areas, the Foundation is supporting ways to make fresh and local food easier to find and buy. A growing fleet of Foundation-sponsored mobile produce markets brings fresh, healthy fruits and vegetables into neighborhoods where they are not readily available.

Working through the Foundation, Harvard Pilgrim employees volunteer their time and talents to organizations and causes throughout Connecticut, Maine, Massachusetts and New Hampshire. In addition, employees can award a $500 grant to the charity of their choice each year. More than 96% of Harvard Pilgrim employees participated in the Foundation’s giving and service programs in 2016.
To find out more about Harvard Pilgrim, talk to your employer, visit us at www.harvardpilgrim.org or call us at (800) 848-9995. For TTY service, call 711.